

CHAPTER - 10 NUTRITION (contd.)

We have learnt about various nutrients like carbohydrates, fats, proteins, vitamins and minerals. One more important and indispensable component of our diet is water. It forms $\frac{2}{3}$ of our body weight.

Functions of water in our body are as follows-

- ① It acts as a solvent dissolving variety of salts and other substances.
- ② Digestive juices and enzymes contain water.
- ③ It helps to transport digested food and oxygen (in blood) throughout the body.
- ④ It helps in excreting wastes from the body.
- ⑤ It helps in maintaining constant body temperature of body.
- ⑥ It is the major composition of our body cells.

Water is lost through sweat, urine, water vapours in breath. We replace this lost water through the liquids we drink. Vegetables and fruits also supply water to our body.

BALANCED DIET

A diet which contains all the essential constituents of food (i.e. carbohydrates, fats, proteins, vitamins, minerals roughage and water) in appropriate quantity as needed by the body. One important aspect of balanced diet is that it should provide sufficient number of calories as required by the body.

CALORIE is the amount of heat required to raise the temperature of one gram of water by one degree Celsius. Kilocalorie "Kcal" is 1000 times the unit Calorie.

If the diet doesnot provide you with the required amount of Calories, then a person would lose weight.

Also his/her efficiency to do work is reduced.

The amount of Calories required by a person with age, profession etc. For example a 5 year child will require less number of Calories in his than a 25 years old adult. A person engaged in a profession where more of physical activity is needed requires more number of calories than a person doing a sedantary job. Hence a labourer requires more calories than a clerk.

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A pregnant lady requires more calories than a normal adult women. Hence the energy requirements varies from person to person.

Still on an average look at the Balanced diet menu for an adult doing moderate physical work given on Table 10.4 in your text book.

MALNUTRITION

It is the condition in which a person suffers due to lack or deficiency of one or more essential elements (or nutrients) of food.

NOTE FOR STUDENTS

After reading the notes, please go through the topic as being discussed in Chapter 10 of the book carefully with understanding. It may require multiple readings to grasp the topics (given in chapter 10) completely. At the end you should be able to tell the main nutrients, their sources, functions in the body and deficiency diseases caused by them.

HOME ASSIGNMENT

Students are required to answer all the questions being asked in "Progress Check" - Page 101 and "Review questions" given on Page 102-103 of the text book.

- 1) Review Questions (which are to be done in book itself)
Multiple Choice Type Question No 1,2,3,4,5,6 and
Very Short Answer type Question No 1 and 2.
- 2) Review Question (which are to be done in notebook)
Very Short Answer type Question No 3 and 4
Short Type Question No 2 and 3
- 3) Progress Check
Question No. 1 is to be done in notebook
Question No 2 and 3 are to be done in the text-book itself.